Lunch-box revolution

Is your kid sick of boring old sandwiches? Read how 'Top Chef' Dale MacKay injects fun, healthy choices into his son's lunch PAGE 12

ALS' EMRY FACES THE MUSIC

LINEBACKER APOLOGIZES FOR PUNCHING RIDERS' LABATTE PAGE 14

REGIONAL metro®

Monday, October 22, 2012

News worth sharing.

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SPA SHOOTING

Brookfield police Lt. Mark Millard, left, holds a photo of shooting suspect Radcliffe Franklin Haughton as he answers questions at a news conference near a shooting site in Brookfield, Wis., on Sunday. Three people were killed and four others wounded when someone opened fire at the spa near the Brookfield Square Mall. The suspect, the subject of a six-hour manhunt by authorities, was later found dead inside the spa of a self-inflicted gunshot wound, police say. See story on page 6. MICHAEL SEARS/THE ASSOCIATED PRESS

Pricier booze, drier province, study finds

Strategic pricing. Bigger the increase in minimum prices for stronger drinks, the less people drank: Researchers

Saskatchewan's world-first minimum prices for alcohol prove that strategic pricing can curb drinking significantly, a Canadian study has found.

A 10 per cent increase in price reduced drinking overall by eight per cent. Most significantly, said study author Dr. Tim Stockwell, sales of high-alcohol beers plunged 22 per cent because they cost more than lower-alcohol beers.

"I wanted to call our paper 'Saving Lives and Raising Revenue for Governments,' " he said Friday.

"Here is the best example anywhere in the world so far of somebody trying to price alcohol according to strength. This is highly likely to improve the health and safety of people in Saskatchewan."

Stockwell said researchers already knew several facts: Heavy drinkers tend to buy cheaper alcohol, and younger beer drinkers tend to buy the strongest stuff they can.

The study, published in the American Journal of Public Health, found the bigger the increase in minimum prices for stronger drinks, the less people drank.

When the price of the cheapest strong drinks went up, consumers switched to regular beer, wine or cocktails with lower alcohol content.

"There is a straight-line relationship between price and consumption," said Stockwell, of the University of Victoria's Centre for Addictions Research of B.C. Also contributing to the study was the Centre for Addiction and Mental Health (CAMH) in Toronto.

Saskatchewan, he said, "has been very helpful and very nervous. They're proud of what they've done, but people don't like the price of their favourite drug going up."

The province, which has a government monopoly on alcohol, introduced graduated minimum prices for liquor in 2003, for beer in 2005 and wine in 2008. In 2010, the minimum prices were adjusted and extended to all alcohol.

TORSTAR NEWS SERVICE

Reaction to report

The study is being used as evidence in Scotland to support proposed legislation that would charge a minimum 50 pence ($0.80) for each one per cent of alcohol in any beer, wine or liquor.

- The Scotch Whisky Association is challenging the Scottish government in court over the plan. The governments of Italy, Spain, France, Portugal and Bulgaria have complained to the European Commission.

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Trial

Curt Dagenais
CONTRIBUTED

Court to hear appeal in RCMP shooting case

A man convicted of shooting two RCMP officers to death argues mistakes were made at his trial, but the widow of one of the Mounties says the allegations are "absurd."

The Saskatchewan Court of Appeal will hear Curt Dagenais' case Thursday in Regina.

Dagenais was convicted in 2009 of first-degree murder in the shooting deaths of constables Marc Bourdages and Robin Cameron, as well as the attempted murder of Const. Michelle Knopp. The shooting happened in July 2006 near Spiritwood, Sask.

The appeal claims the verdict is unreasonable and cannot be supported by the evidence. It also alleges the trial judge made a mistake by giving Dagenais a life sentence on the attempted murder conviction.

Dagenais — who court heard had been flagged as a police-hater — admitted he shot the officers, but claimed it was self-defence.

The jury heard that the three officers were trying to arrest Dagenais for allegedly assaulting his sister after a family dispute. Dagenais was sitting in his truck outside his mother's house when RCMP arrived. He sped off, sparking a 30-kilometre chase on country roads that ended with a bloody shootout on a remote dirt trail.

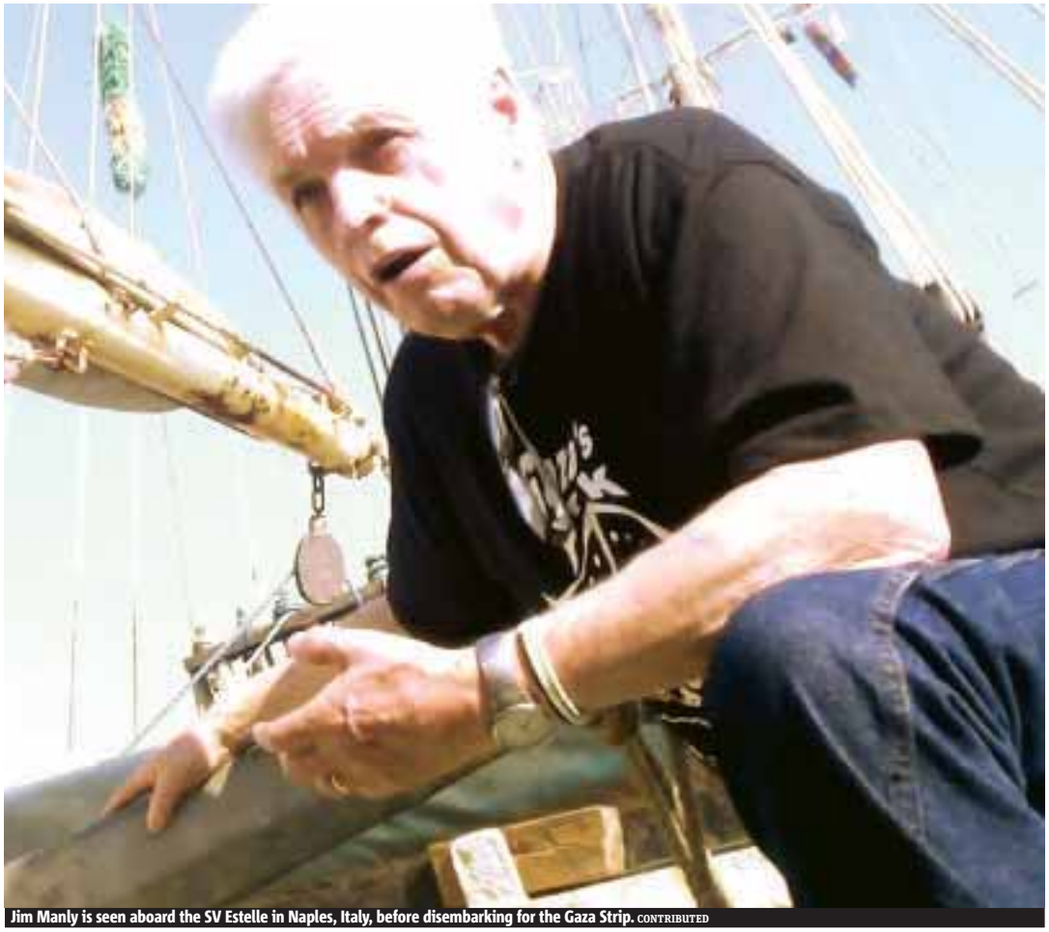
Dagenais testified that the officers shot at him first, so he grabbed a rifle from under his truck seat and blindly returned fire to save his own life.

Bourdages and Cameron were both fatally shot in the head.

Bourdages' widow, Natasha Szpakowski, said in an interview that she is not planning to attend the appeal.

"For me and my son, I don't really see why there's a point in wasting my day in court to listen to the absurd allegations. I'm already familiar with what the allegations are. It's before the courts now. I trust that they'll take the necessary steps."

THE CANADIAN PRESS



Jim Manly is seen aboard the SV Estelle in Naples, Italy, before disembarking for the Gaza Strip. CONTRIBUTED

Sask.-born politician detained in Israel

Unknown. Official says Jim Manly's family hasn't heard from him and it's unclear when the 79-year-old will be released

Saskatchewan native and longtime NDP parliamentarian Jim Manly was detained by Israeli forces on Saturday for trying to break Israel's blockade of the Hamas-ruled Gaza Strip.

"We are committed to razing the illegal siege of Gaza," said the Saskatoon-born retired United Church minister in a pre-recorded video posted on the Gaza's Ark website, an international organization which coordinated the voyage of the SV Estelle to break Israel's embargo and bring humanitarian goods to local residents. Among the 30 people on board were European parliamentarians and Palestinian rights activists.

"We know he's being detained somewhere near Tel-Aviv and that he's in 'good spirits,'" said Nino Pagliccia, Vancouver spokesperson for Gaza's Ark.

Pagliccia said Manly's family has not yet heard from Manly directly and there is still no word on when exactly the 79-year-old will be released.

Israel's Interior Ministry said the activists would be questioned by immigration officials and deported to their home countries within 72 hours.

As of Sunday evening Israel time, Pagliccia said five Greeks, three Spaniards and an Italian national had been released. Three Israelis were also on board, but were sent to a different prison for breaking Israeli law, he said.

On Saturday, the ship was re-directed from its intended Gaza destination to the Israeli port of Ashdod.

"We have this blockade because there are constant smuggling attempts of weapons, munitions that eventually reach the hands of terror organizations inside Gaza," said Israeli military spokeswoman Lt. Avital Leibovich.

Another spokesperson said the ship's contents — including children's books and 40 tonnes of concrete — will be transferred to Gaza through the Israeli-controlled Kerem Shalom crossing.

He added that Israel allows some 50,000 tonnes of goods into Gaza every week.

BRIAN MOSKOWITZ/FOR METRO WITH FILES FROM THE CANADIAN PRESS

Regina mayoral candidate Liz Brass
CONTRIBUTED

Hack attack. Mayoral candidate targeted by Internet hackers

A candidate for mayor in Regina says attacks from Internet hackers have made campaigning difficult and frustrating.

Liz Brass says she began having issues with her website in April — even before it went live — and she claims parts of her platform were stolen from it.

She also says her personal and business email accounts have been repeatedly compromised, and that her personal and campaign Facebook accounts were deleted.

The Regina Police Service confirms they are investigating a report from the Brass campaign.

THE CANADIAN PRESS

Final U.S. debate relevant to Saskatchewanians

Energy policies. While issues of security and international relations will likely dominate, candidates will also need to take a stance on XL pipeline

JEFF MACKEY
jeff.mackey@metronews.ca

On Monday, U.S. President Barack Obama and Mitt Romney will go toe-to-toe on foreign policy in the final of three presidential debates.

While topics like Libya and the rise of China will likely dominate the discussion, many Saskatchewanians and other Western Canadians will be attentively listening for topics that could affect them.

A major area of relevance for Western Canadians is in the candidates' energy policies.

"Mitt Romney is in favour of what he calls North American energy independence," said Christopher Sands, a senior fellow at the Hudson Institute and an expert on Canada-U.S. relations.

"He is also in favour of the Keystone XL pipeline … So in that sense he is right on message with what many Western Canadians are concerned about," said Sands.

President Barack Obama has a decidedly different approach to energy.

"On the other hand, the president prefers to focus on alternative energy, which a lot of Canadians are also focused on," said Sands.

The dominant theme of this election, however, has been the U.S. economic recovery. This issue may technically fall under domestic policy but it remains incredibly important to Canadians.

"The reason it matters for Canadians is because the United States is still the overwhelming market for so much of what Canada produces," said Sands.

Can we get along?

That personality factor

An often incalculable factor in Canada-U.S. relations concerns the relationship between the leaders themselves.

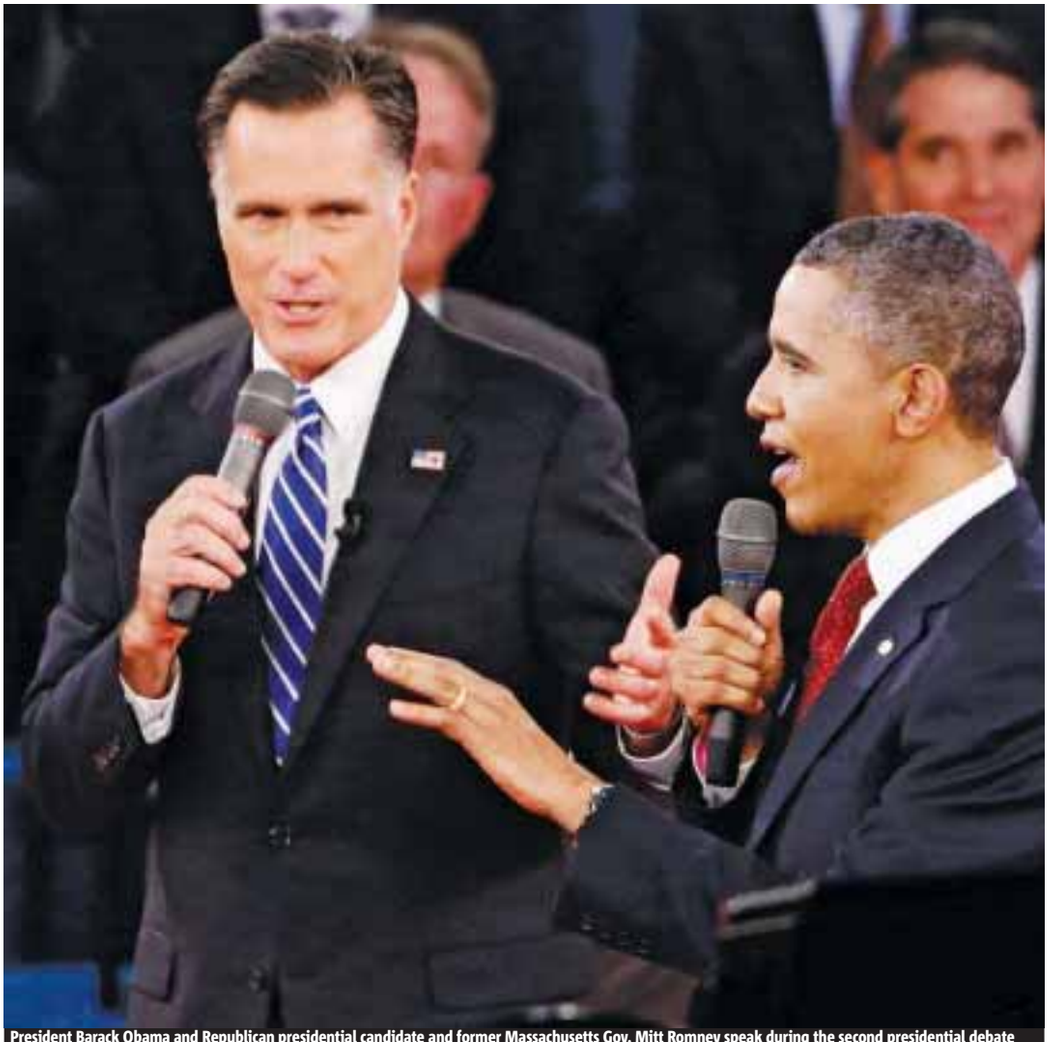
"There is no doubt that presidents either click or don't click with foreign leaders," said Christopher Sands, senior fellow at the Hudson Institute.

"The ones they click with they are eager to spend more time with and do more work with."

This 'personality factor' can play a large role in Canada-U.S. relations. Some leaders get along well like Mulroney and Reagan, others have a frosty relationship like Trudeau and Nixon.

"It has been a pleasant surprise that Stephen Harper has gotten on so well with Barack Obama. You wouldn't have guessed that given their politics," said Sands.

METRO



President Barack Obama and Republican presidential candidate and former Massachusetts Gov. Mitt Romney speak during the second presidential debate at Hofstra University in Hempstead, N.Y., last week. The two candidates face off in a final debate on Monday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Author says film of his Life of Pi is stunning

Actor Suraj Sharma, left, director Ang Lee and author Yann Martel attend the premiere of Life of Pi at the 50th annual New York Film Festival opening gala on Sept. 28. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

A lot of people thought the epic novel Life of Pi could never be made into a movie. It was too complex, too surreal. And then there's the whole idea of sticking an actor in a boat with a man-eating tiger for a good chunk of the film.

Yann Martel, however, says he thinks director Ang Lee did a pretty good job of pulling it off.

"It's very faithful to the book, it's visually absolutely stunning and it's a whole trip," the Canadian author said in an interview as people lined up to see the film version of his novel at Montreal's Festival du nouveau cinema over the weekend.

Life of Pi, which has sold millions of copies worldwide since it was published in 2001, counts U.S. President Barack Obama among its fans. In a letter to Martel two years ago, Obama described the winner of the Man Booker Prize as "a lovely book — an elegant proof of God, and the power of storytelling."

Most filmmakers shrank from adapting it for the big screen after it was published. Even Martel acknowledges the dense plot has enough material for multiple movies.

Then came Lee, who was undaunted. Taking it on four years ago, he tackled the compelling adventure story of an Indian boy named Pi who is shipwrecked with a ferocious Bengal tiger, and combined the tale with cutting edge 3D technology.

Martel wrote Life of Pi while living in Montreal and has since moved to Saskatoon.

He loved Lee's previous movies and was thrilled when the director took on Life of Pi.

"He's a remarkably versatile director — think of Hulk and Crouching Tiger, Hidden Dragon, which (have) special effects and think of Brokeback Mountain, which is a very simple, emotional movie. A huge array of things required and he had all those talents to pull it off."

Life of Pi goes into wide release on Nov. 21.

THE CANADIAN PRESS

The writer and the PM

One person Yann Martel doubts will be lining up for for the film is Prime Minister Stephen Harper.

- Martel started a campaign in 2007 to get Harper to read more and every two weeks sent him a new book. He eventually sent him over 100 books, although Life of Pi wasn't one of them. Martel shrugged when asked if the film version might be more appealing to Harper.

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Fatal spa shooting may be related to domestic dispute

Suspect had a restraining order against him. Police chief says 45-year-old suspect in deadly rampage died of self-inflicted wound

Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. BROOKFIELD POLICE DEPT/THE ASSOCIATED PRESS

Authorities say a man accused of killing three and wounding four at a Wisconsin day spa had slashed his wife's tires two weeks before Sunday's shooting.

Police Chief Dan Tushaus said at a news conference Sunday night that the man's wife was an employee at the spa. It is not clear if she was among the victims.

The suspect, Radcliffe Franklin Haughton, was found dead inside the spa of a self-inflicted gunshot wound. Authorities said he had a four-year restraining order against him.

Officials described finding smoke inside the spa when they responded to reports of the shooting around 11 a.m.

They initially believed an improvised explosive device was inside the building, but later said that was not the case.

The shooting happened at the Azana Day Spa, a two-story, 9,000-square-foot building across from a major shopping mall in Brookfield, a middle-to-upper class community west of Milwaukee.

Haughton's father, Radcliffe Haughton, Sr., spoke to a television station and The Associated Press shortly before police announced his son's death.

In telephone interviews from Florida, he said he had last spoken to his son a few days ago, but didn't have any indication anything was wrong. He begged his son to turn himself in. After learning of his son's death, he said, "This is very sad."

THE ASSOCIATED PRESS

North America's first aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, the first Native American to achieve sainthood, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. The pontiff canonized seven people: Tekakwitha, Maria del Carmen, Pedro Calungsod, Jacques Berthieu, Giovanni Battista Piamarta, Mother Marianne Cope and Anna Shaeffer. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Bills greatly affect environment, native peoples

Minister of Foreign Affairs John Baird ADRIAN WYLD/THE CANADIAN PRESS

Government calls it making way for business. Outraged foes call it the slicing and dicing of environmental protection and any remaining trust with aboriginal peoples.

Over several months of omnibus bills, amendments, regulations and tinkering with longstanding conventions, Ottawa has undertaken a series of adjustments that add up to undeniably profound changes in both environmental and aboriginal policy.

Bill C-45, the 457-page budget omnibus bill tabled this week in the House of Commons, is the latest instalment in what may seem like evolutionary changes. They may turn out to be revolutionary changes.

"It is all about jobs, investment and opportunity. It is all about creating economic growth so Canadians can get back into the workforce and be able to provide for themselves and their families," Foreign Affairs Minister John Baird told the House on Friday under a barrage of aggressive questions about C-45.

Canadian business leaders are saying little but they are quietly content with these changes, officials with several major business groups told The Canadian Press.

Aboriginal groups and environmentalists, however, say they are deeply disturbed — both with the new directions and the stealthy way those directions were undertaken.

"When our people see no movement from the government to work with us, when they see backsliding, undermining and continuing threats and pressures on an already burdened population, the flames only grow stronger," Shawn Atleo, national chief of the Assembly of First Nations said last week.

THE CANADIAN PRESS

Changes to omnibus bill

There will be dramatically fewer environmental assessments, focused only on major projects.

- Pipelines will be exempt from the navigable waters act and the environmental assessments that law has often triggered.
- Three oceans, 97 lakes and 62 rivers will be covered by the new act — less than one per cent of Canada's waterways.

Campaign finance

Call for tougher penalties for overspending

Penalties and enforcement should be toughened up to deter illegal overspending by candidates in federal elections, say Democracy Watch and other political observers.

Intergovernmental Affairs Minister Peter Penashue has blamed rookie mistakes and says he's working with Elections Canada after spending thousands of dollars more than the legal limit in the 2011 campaign.

An Elections Canada review showed Penashue spent $4,000 over his limit of just under $84,500 before CBC News cited documents alleging he also took thousands of dollars in free flights around his far-flung Labrador riding.

Opposition MPs and Todd Russell, the former Liberal MP who lost to Penashue by just 79 votes, have demanded he resign for a byelection.

But Prime Minister Stephen Harper has deflected such pressure. He told the House of Commons last week that mistakes made were the fault of Penashue's former official agent and campaign manager, Reg Bowers.

THE CANADIAN PRESS

Legal notice

PBO filing court action over failure to disclose cuts

Canada's parliamentary budget officer says he'll file court action this week over the refusal of some federal departments to hand over details on billions of dollars in planned cuts by the Harper government.

In a statement issued Sunday, Kevin Page says his office "will be filing and serving legal notice on all non-compliant'" deputy ministers.

He wouldn't provide any further details, saying "this matter will constitute the subject of a legal action" and it would be inappropriate to comment further.

Page has said the government has not been open and clear enough about what it intends to cut, and has threatened court action for weeks.

As of the middle of last week, only 23 per cent of federal departments and agencies had handed over the requested financial information, and another 52 per cent had said they were going to comply by last Friday.

Finance Minister Jim Flaherty said Page was overstepping his authority on CTV's Question Period Sunday. THE CANADIAN PRESS

Laws

Criminal Code does not need overhaul: Study

A new study of Canada's sprawling Criminal Code found only a handful of irrelevant offences still on the books.

The Justice Canada project was intended to determine whether the code has so many obscure, obsolete offences that it needs a major overhaul.

But, the study found only five Criminal Code sections with zero charges prosecuted in the decade ending 2006, drawing on court databases.

"With only five offence sections under which no charges have been processed over the 10-year period, the contention that the Criminal Code contains many unused sections is questionable," the authors argue.

"Furthermore, even though there were no charges processed under these sections, this does not imply that people did not commit these offences during the study period."

The encyclopedic Criminal Code, drawing together all of Canada's criminal statutes, was created in 1892, then wholly revised and redrafted twice, in 1954 and 1985, or 27 years ago.

THE CANADIAN PRESS

Cuba. Rumours of Fidel Castro's death greatly exaggerated

Former Venezuelan vice-president Elias Jaua said Sunday that he met with aging revolutionary icon Fidel Castro for five hours and showed The Associated Press photos of the encounter, quashing persistent rumours that the former Cuban leader has died, was on his deathbed or had suffered a massive stroke.

Jaua also confirmed that the 86-year-old retired Cuban president accompanied him to the Hotel Nacional after their meeting Saturday, in which they talked about politics, history, culture and tourism.

Jaua showed a photograph of himself in a minibus along with the former Cuban leader, Castro's wife, a hotel executive and several other people. The photo shows Jaua and Castro smiling broadly, and the former Cuban leader is wearing a checked shirt and cowboy hat.

The public appearance was Castro's first in months. He has also ceased writing his once-constant opinion pieces, the last of which appeared in June. THE ASSOCIATED PRESS

Opening doors

Cuba risks exodus with market reform

Cuba seems to be betting that its decision to allow most of its citizens to travel abroad freely will be as good for its economy as it is for its public relations.

The announcement comes as the communist island nation carries out a cautious free market experiment to reform Cuba's economy, which includes a plan to fire one million state workers and allow more entrepreneurship.

Cuba's leaders seem confident that lifting exit visa requirements will not produce an embarrassing exodus. Instead, experts say, a controlled migration might provide an outlet for unemployed workers, and Cubans might return home with experience in market economies. THE ASSOCIATED PRESS

Protests in Lebanon turn violent over assassination

Civil unrest. Protesters blame Syria for death of intelligence official

Lebanese protesters are enveloped in tear gas on Sunday as they pull a barbed-wire barrier during clashes after the funeral of Brig. Gen. Wissam al-Hassan, who was assassinated Oct. 19 by a car bomb in Beirut. HUSSEIN MALLA/THE ASSOCIATED PRESS

Lebanese security forces unleashed a barrage of gunfire and tear gas in central Beirut on Sunday to disperse hundreds of protesters trying to storm the government headquarters after the funeral of a top Lebanese intelligence official killed by a car bomb.

The protesters blamed the assassination on the government of neighbouring Syria and consider Lebanon's current government to be too close to that embattled regime.

Many also chanted against Hezbollah, the Lebanese militant group that dominates the government and serves as the Damascus regime's closest Lebanese ally.

As the battle raged, with protesters and security personnel pelting each other with hunks of concrete, metal bars and tear gas canisters, former Prime Minister Fuad Saniora appealed for calm.

"The use of violence is unacceptable and does not represent the image that we want," Saniora said in a televised address.

Even before Friday's bombing, the civil war in Syria had set off violence in Lebanon and deepened tensions between supporters and opponents of President Bashar Assad's regime. The assassination has laid bare how vulnerable Lebanon is to renewed strife, threatening to shatter a fragile political balance struck after decades of civil unrest — much of it linked to Syria.

Sunday's clashes erupted after the funeral for Brig. Gen. Wissam al-Hassan, who was killed along with his bodyguard by a Beirut car bomb on Friday. Al-Hassan, 47, was a powerful opponent of Syria in Lebanon.

Security officials have said six others were killed in the bombing, and scores were wounded. But Lebanon's National News Agency said on Sunday that the final death toll was three: al-Hassan, his guard and a civilian woman. THE ASSOCIATED PRESS

Palestinians snub Fatah in local elections, analysts say

Palestinian election officials said Sunday that voters choosing new local councils in the West Bank rebuffed candidates from President Mahmoud Abbas' Fatah movement in five of the 11 main towns, an apparent blow to the Palestinian leader.

Fatah had hoped to revive its flagging political legitimacy with Saturday's municipal elections, the first voting in the Palestinian territories in more than six years. With main rival Hamas boycotting the election, Fatah counted on a strong endorsement from voters.

Fatah won local council majorities in six towns, but lost in five others, a performance some said fell below expectations. In four of the towns where Fatah lost, including Ramallah, the seat of Abbas' government, voters preferred independent lists dominated by Fatah breakaways. In a fifth, biblical Bethlehem, never a Fatah stronghold, leftists and independents won.

Election officials spoke anonymously as official results were not to be released until later in the day.

Fatah spokesman Ahmed Assad claimed Sunday that the results signalled "huge support for the party and its program." Analysts, however, disagreed.

Palestinian President Mahmoud Abbas shows his ink-stained finger after casting his vote during local elections at a polling station in the West Bank city of Ramallah, Saturday. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Elections were held in 93 West Bank towns and villages, with close to 55 per cent of 505,000 eligible voters casting ballots, election officials said. In 261 smaller communities, local leaders were picked by consensus or there were no candidates.

The vote was held at a difficult time for Abbas. His Palestinian Authority, the self-rule government that controls parts of the West Bank, has been plagued by a chronic cash crisis for months, struggling to pay the salaries of some 150,000 public sector employees. THE ASSOCIATED PRESS

Pundits weigh in

Analysts portrayed the outcome as a blow to Fatah's leadership.

- "The elections reflected people's disappointment in the leadership's ability to lead them to a common goal," said pollster Nader Said.
- Fatah once dominated Palestinian politics, but has been in disarray since the death of Mahmoud Abbas' predecessor, Yasser Arafat, in 2004.

Harnessing Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and capitalize on stability

ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of the Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, Governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international demand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

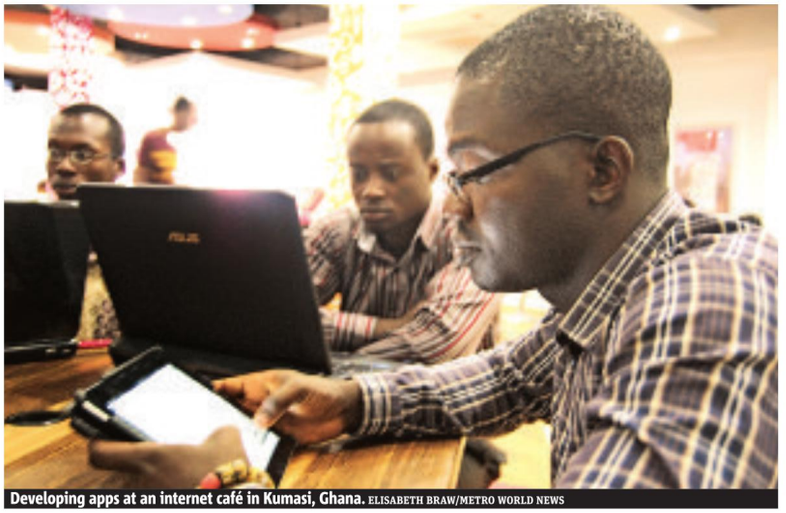
Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

Quoted

"We know we can't change 55 countries overnight. But many are willing, and the others will follow due to the force of success."

Mamadou Toure, an executive with the International Finance Corporation and a founding member of the Africa 2.0 network of emerging leaders



Developing apps at an internet café in Kumasi, Ghana. ELISABETH BRAW/METRO WORLD NEWS

Africa outpaces the world

Of the world's 10 fastest-growing economies, eight are African:

1 Ghana: Strengths are agriculture (predominantly cocoa), oil, tourism
2 China
3 Republic of Congo: Strengths are oil, minerals, engineering
4 Ethiopia: Strengths are agriculture (predominantly coffee), textiles, manufacturing
5 India
6 Mozambique: Strength is aluminum
7 Nigeria: Strengths are telecommunications, construction, retail, manufacturing
8 Rwanda: Strengths are agriculture (predominantly tea and coffee), tourism, minerals
9 Democratic Republic of Congo: Strengths are agriculture, minerals, construction
10 Zimbabwe Strength is mining

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Canada-EU free trade

Patent drug makers tout research spending

As trade talks with Europe enter the final stretch, Canada's patent drug industry is making a final push to sell its brand of medicine to Canadians.

This week, Canada's Research-Based Pharmaceutical Companies will release three studies in an effort to show they have kept their word on research spending and that, nevertheless, the situation is getting dire.

One report from KPMG, which will almost certainly be contested by critics, suggests spending by the industry in Canada has been underestimated and is at about the 10 per cent level of sales it promised in the 1980s when the government of Brian Mulroney controversially extended patent protection.

The public relations push dovetails with the last scheduled negotiation session for the Canada-EU free trade agreement, where patent protection is a key issue. Talks are slated to end this week with the aim of signing a high-level deal by the end of the year. Europe has made nudging Canada to adopt its standards on pharmaceutical patents and data protection a key demand. THE CANADIAN PRESS

Wireless. In U.S., brazen phone thefts are on the rise

In San Francisco, a tech-savvy city teeming with commuters and tourists, the cellphone has become a top target of robbers who use stealth, force and sometimes guns.

Nearly half of all robberies in San Francisco this year are cellphone-related, police say, and most occur on bustling transit lines.

One thief recently snatched a smartphone while sitting right behind his unsuspecting victim, then darted out the rear of a bus in mere seconds. Another robber grabbed an iPhone from an oblivious bus rider — while she was still talking.

These brazen incidents are part of a ubiquitous crime wave striking coast to coast in the U.S. New York City Police report that more than 40 per cent of all robberies now involve cellphones. And cellphone thefts in Los Angeles, which account for more than a quarter of all the city's robberies, are up 27 per cent from this time a year ago, police said.

"This is your modern-day purse snatching," said longtime San Francisco Police Capt. Joe Garrity, who began noticing the trend about two years ago.

Thefts of cellphones — particularly the expensive do-it-all smartphones containing everything from photos and music to private emails and bank account statements — are costing consumers millions of dollars and sending law enforcement agencies and wireless carriers nationwide scrambling for solutions. THE ASSOCIATED PRESS

A presidential debate spectator uses her phone to take a photo of Will.i.am earlier this month in Denver, Colo. Smartphone thefts in the U.S. are costing consumers millions of dollars. GETTY IMAGES FILE

POWER UP OR HUNKER DOWN? — YOU DECIDE

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

This is a tale of two cities.

After that, it bears little resemblance to Dickens.

The cities aren't Paris and London. And, as if you needed reminding, I ain't no Dickens.

But it is the time of Regina and Saskatoon, and it's the best of times. For a change, the worst of times is in the past and in this week's civic election the voters of the two cities get to make a choice that will determine if the good times are here to stay.

This is not really about the individuals who have thrown their hats into the ring for mayor or council, because most of them are merely players in an epic play, which goes something like this:

Next year has finally arrived in Saskatchewan, and Saskatoon and Regina are reaping the whirlwind. Mega-projects like the stadium in Regina and River Landing in Saskatoon represent the optimism and ambition of civic leaders who have spent years trying to kick-start a sluggish economy and believe they finally have the scope and resources to build that shining citadel on the prairies.

Big city dreams

Civic leaders ... have spent years trying to kick-start a sluggish economy and believe they have finally found the scope and resources to build that shining citadel on the prairies.

Then there's everyone else. In Regina, eight out of nine candidates have problems with the current alternative, as it's too rich for a town that has had to work hard to make ends meet and has a quarter of a billion dollar civic pension deficit to face down.

The stadium will cost an estimated $664 million all in with financing charges. That's nearly twice what Regina pays annually for everything. No one will deny that the Roughriders are right up there with potash in terms of importance, but that number is enough to give everyone pause to go hmm.

Still, what's the alternative? The variations on the theme of small government promised by the Gang of Eight versus the shining citadel represented by Michael Fougere, the frontrunner, who looks to be everyone's idea of a big city mayor.

In Saskatoon, there's a similar scenario. Incumbent Don Atchison has taken the elastic off the bankroll and wants to build his own shining citadel, from River Landing to new bridges and a new $200-million civic operations building. It's a vision that trusts in prosperity to fuel more prosperity.

The alternative: Fiscal responsibility and no potholes courtesy of Tom Wolf. "We have to invest in things we already have and maintain them better," said Wolf in the last debate, outlining a vision that owes a great debt to Depression-era caution. Feast is followed by famine, so let's shore up the ramparts and hunker down. Life is good enough.

Just so you know, in this exciting tale, the hero who resolves the plot is not the noble Sidney Carton. It's you, the voter.

You don't have to lose your head to do a far, far better thing. You just have to turn up on Wednesday.

Not-so-smart cookie

That sweet tooth could rot your brain, study says

Bad news sugar lovers: A diet high in fructose won't just make you fat, it may also make you stupid, according to research out of California.

A steady high-fructose diet disrupts the brain's cognitive abilities, leading to poor learning and memory retention, says a study by Fernando Gomez-Pinilla, a neurosurgery professor at the David Geffen School of Medicine at UCLA and Rahul Agrawal, a visiting UCLA post-doctoral fellow from India.

"This type of diet ... (affects) the transmission of information across cells ... learning and memory and practically any type of brain function depends very much on how transmission is transported across cells," Gomez-Pinilla said in an interview with Torstar News Service.

Research has already proven a high-fructose diet leads to a slew of health concerns, including obesity, diabetes and fatty liver.

TORSTAR NEWS SERVICE

Rage against the machine

KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This angry elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elks (bulls) are trying to attract the attention of female elks (cows) to breed with.

"In the process of trying to win over a harem, the elks battle each other," the photographer, Keith Crowley, explained. METRO

Photographer's viewpoint

"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin.
Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elks one evening.

Elk

- **Population in Yellowstone.** Most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.
- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to 'perfume' themselves to attract mates. Bulls spar each other with antlers and cry out a series of low pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

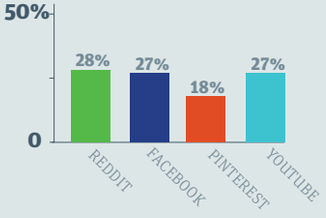
47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the best time-waster website?



Twitter

@michertz: #yqr where you can come back to your table at Oktoberfest to eat your bratwurst & find Fougere sitting across from you. Still a small town.

@mkw279: who keeps using their cellphone not once, not twice, but thrice when getting called out on it at the laugh shop, Silly people #yqr #epicfail

@lisagoudy: Well I really enjoyed Globe Theatre's production of Billy Bishop Goes To War tonight in #yqr. #lovingit

@dougrferguson: Thank you #Vikings for winning, makes up a little for my #Riders loss yesterday #NFL #CFL #Footballfanforlife

@mattyrowe8: Tough loss for the @reginathunder but great season boys!

metro

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RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home.
Queen of reality TV brings former contestants back to avenge their losses and vie for top prize

NED EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?
Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?
I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise — wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

What do you think Canadian audiences are going to get out of it?
Well, they're going to get a whole lot of American attitude from queens who basically really are the tastemakers and phrase-makers of the world. When I was growing up, gay people were the arbiters of style, of lingo, and that's still true today, but not as much as it used to be, with all the blogs and everything. There's a lot of clever people out there. But our show gives you a whole vernacular, a whole attitude and actually a whole take on life that is courageous and adventurous.

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT. Followed by the behind-the-scene series Untucked: All-Stars.

Victoria Justice has some fun shooting film

Confusing Cleveland.
Ohio residents were thrown for a loop by Fun Size set, according to young actress

RICHARD CROUSE
scene@metronews.ca

For the people of Cleveland, Ohio, the shooting of the new comedy Fun Size was a surreal experience.

"It was really funny that we were filming this movie in the dead summer, hot and humid in Cleveland, when it was supposed to be October," said the movie's star, Victoria Justice.

"People that lived in Cleveland, normal people who weren't in the movie, got confused when they would drive by us and see all these Halloween decorations."

But Halloween decorations in July weren't the only tricky aspect of the shoot for Clevelanders.

"Captain Chicken, where all the mayhem starts to happen," she says "is obviously a fake fast-food chain, but people in Cleveland were actually signing up to try and work there. So that was hilarious. They were sending in job applications and we were like, 'Too bad this is going to be knocked down in two days!'"

The 19-year-old Justice has been performing since age 10, first making a name for herself on Nickelodeon shows like Zoey 101 before headlining her own comedy show Victorious. She's the first to admit that Fun Size's story of an out of control Halloween night is something a little different for her longtime fans.

"I have a feeling they're really going to like it," she says. "It is PG13, so I think teens and adults can enjoy it together. I think younger kids, if their parents let them see it, are really going to like it because it is a little naughty in parts."

The script's edge is what drew her to the project.

"I liked that it was a bit edgier than the scripts I had been reading and I loved that it was something different, that it was a unique concept."

Fun Size opens Friday.

Victoria Justice GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, according to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

Adele

Adele celebrates birth of a boy

Adele has given birth to a baby boy, according to Sunday Mirror. The singer and boyfriend Simon Konecki welcomed the tot last week.

"Adele and Simon are ecstatic at their new arrival. She was over the moon that they were expecting their first child together," a source tells the newspaper.

The birth comes just four months after the Rolling in the Deep singer announced to the world that she was pregnant.

The Word

Timberlake and Biel by the numbers

THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.

Katy Perry

Katy Perry playing hard to get with John Mayer

There's some new insight into why Katy Perry keeps sticking with on-again, off-again beau John Mayer, according to Us Weekly.

Apparently the pop star "believes she can change him," sources say. "She doesn't want to be just another one of his conquests."

Her latest strategy — which may explain all the breaking up and making up rumours — is reportedly to play hard-to-get.

"She recently told John she was open to see other people," the source says. "Once Katy turned her back on him, he started chasing her again."

Quote

"She doesn't want to be just another one of his conquests."

Source
Talking about Katy Perry's relationship with John Mayer

Twitter

@lindsaylohan
I don't have a boyfriend. I have Chanel, Hermes and diamonds.

@SamuelLJackson
Let's all just Vote & see what happens! Who needs Bus Fare?!

@IAMJHUD
Just spent $14 on a bag of candy. Come along way from the old corner store.

@SethMacFarlane
Halloween is a great time of year to see some spooooooooooky prostitutes.

Parenting

Packing made perfect

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?
A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?
Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?
He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

Chef Dale MacKay and his son Aydan. SUBMITTED

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?
Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something ... why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?
That's hard. Some kids certainly don't love fruits and vegetables ... but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?
Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

Forget the ham sandwich

DAN CLAPSON
life@metronews.ca

Chef Dale MacKay's recipe for homemade falafels is quick, easy and will taste great in your kid's sandwich or wrap come lunchtime!

Ingredients

Yogurt Mint Sauce
- 1/4 cup (50 ml) plain yogurt
- 2 tbsp (30 ml) fresh chopped mint
- 1/4 tsp (1 ml) each salt and pepper

Falafels
- 1/4 cup (50 ml) coarsely chopped red onion
- 2 cloves garlic, sliced
- 1 tbsp (15 ml) parsley leaves
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) fresh bread crumbs
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) cayenne pepper
- 1 tbsp (15 ml) olive oil

1. In a small bowl, combine yogurt, mint and 1/4 tsp (1 ml) each salt and pepper. Set aside.

2. In a food processor, finely chop red onion, garlic and parsley. Add chickpeas, bread crumbs, coriander, cumin, baking powder, salt and cayenne. Pulse until a coarse mixture forms. Divide and shape into 4 balls. Flatten to thinness you desire

3. Heat oil in a nonstick skillet over medium heat. Add patties and cook for 3 – 4 minutes per side, or until golden. Patties will be fragile. Turn carefully with 2 spatulas.

This recipe makes four servings. DAN CLAPSON

4. Serve warm with a dollop of yogurt sauce on top.

RECIPE COURTESY OF DALE MACKAY

PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

Updated Peanut Butter and Jelly Sandwich

This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or wholewheat bread

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes, then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it

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Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar
With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.

Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.

Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar
Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.

The In-Credibility Factor

Name: Darren Smith
City: Baysville, Ont
Age: 25
Occupation: Owner and president of Lake of Bays Brewing Company

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Darren Smith PROVIDED

In his third year of university, Darren started recipe development for his own brand of beer in a pot on top of his stove. After putting together the necessary financing, Smith opened his brewery in May of 2010 with a staff of four. After two successful years, he now employs 25 people and sales of Lake of Bays Beer have quadrupled.

I knew I was on my way when... we started getting the first round of merchandise with our Lake of Bays logo on them. The night we opened, we went into the local pub in Baysville. Everyone was drinking Lake of Bays beer out of our glassware. It was cool seeing it served to people.

We've gone from pale ale to four beers and our aim is to become one of the major players in the beer business, taking our brand across Ontario and eventually across the country.

Action Plan

• Talk to people: As an entrepreneur, it's easy to be filled with enthusiasm to make your idea work. Find people who are in the same business as you and really listen to them. You will benefit when they give you honest feedback on your business plan.

• Do some serious financial sleuthing: See if you can get your hands on the finances of a company that is doing what you want to do. Get an idea of the financial structure of the business and ask them how long it took to get established and profitable.

• Abhor fixed costs: In a new business you're building sales and volume and if you have a lot of fixed expenses, it can be really challenging. If you have to deliver your product, contract another company to do the deliveries and when the sales come you can justify buying your own vehicle.

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NFL. Manning one-ups Washington rookie RG3

While Robert Griffin III is quickly becoming the NFL's most exciting quarterback, there's none better than Eli Manning with the game on the line.

Manning one-upped the Washington Redskins' rookie sensation with a pinpoint 77-yard scoring pass to Victor Cruz with 1:13 to play and the New York Giants overcame a late touchdown toss by Griffin to defeat the Washington Redskins 27-23 on Sunday.

The winning drive was the 22nd of Manning's career in either the fourth quarter or overtime, his second this season and eighth over the past two seasons. THE ASSOCIATED PRESS

Eli Manning, left, and Robert Griffin III meet after Sunday's game in East Rutherford, N.J. GETTY IMAGES

NHL. Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve a full season, deputy commissioner Bill Daly indicated he felt there was a deal to be made.

Asked Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying, "That's more of a question for the union than it is for me.

"We think there's a framework of a deal on the table," he added.

A number of observers agree after watching the league and NHLPA move closer together in proposals delivered over the last week. THE CANADIAN PRESS

Quoted

"There are multiple frameworks for a deal on the table. We gave them three good ones on Thursday."

NHLPA special counsel Steve Fehr

Als' Emry apologizes for 'mindless act' in Regina

The Mosaic Stadium crowd mocks Alouettes linebacker Shea Emry as he is escorted off the field after being given a game misconduct during the first half of Saturday's game. LIAM RICHARDS/THE CANADIAN PRESS FILE

CFL. Montreal linebacker says low blow on Labatte isn't true reflection of who he is as player or person

Montreal Alouettes linebacker Shea Emry has apologized on Twitter for punching Saskatchewan Roughriders lineman Brendon Labatte.

Emry was ejected late in the first half of Montreal's victory in Regina on Saturday for what appeared to be a punch below the belt to Labatte after a Roughriders touchdown.

The 26-year-old apologized to fans of both teams as well as to the CFL and commissioner Mark Cohon.

"I apologize to the @cfl @sskroughriders and @MTLAlouettes fans for my actions yesterday," Emry tweeted on Sunday. "It was a mindless act that isn't admirable.

"That's not the person I am off the field nor is it an (example) I want to set for youth that are watching me on the field. #CFL.

"I apologize to @canadiancommish (Cohon) for putting the @CFL in a light it doesn't need to be viewed in. I'm a better person than that shows."

Emry, who had been named defensive and Canadian player of the week in the previous week, is likely to face further disciplinary action from the incident. THE CANADIAN PRESS

In without a win

Anthony Calvillo ran in two touchdowns and passed for another as the Montreal Alouettes (10-6) defeated the Saskatchewan Roughriders 34-28 on Saturday.

- The Riders (8-8) missed a chance for the second straight week to clinch a playoff berth, but the Hamilton Tiger-Cats' loss to the Calgary Stampeders later Saturday guaranteed Saskatchewan at least a crossover spot.

CIS — Canada West

Rams hand Dinos first loss to clinch second place

The University of Regina Rams got a lot accomplished over the weekend.

The Rams clinched second place in the Canada West standings and a home playoff date in the first round of the playoffs on Friday with a 12-9 victory over the previously undefeated Calgary Dinos.

Calgary struck first with a rouge kickoff, but the Rams came back at the end of the first quarter when halfback Joey Dwyer intercepted a tipped pass and returned it 54 yards for a touchdown.

The Rams added a 33-yard field goal by Taylor Wandler to go up 10-1 before half.

Late in the third Mark Coons came in at running back for the Rams and rushed 10 times for 50 yards. Quarterback, Zach Oleynik was 8-for-18 with 55 passing yards for Regina.

The 5-2 Rams finish up the Canada West schedule with a home game against the 0-7 Alberta Golden Bears on Friday. METRO

WHL

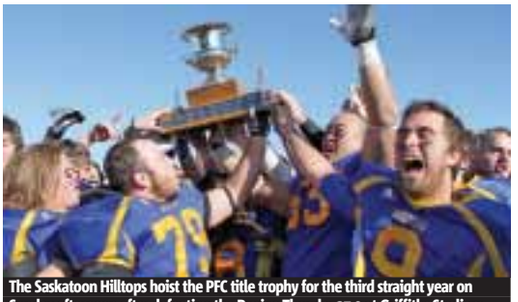
Pats doubled up by Tri-City

The Regina Pats fell at home against the Tri-City Americans (9-3-2) on Friday. The 6-3 loss brings the Pats' record to 5-6-1 this season.

The Pats will be back in action on Tuesday when they play in Red Deer against the Rebels (5-7-2) at 6 p.m. They will follow that up with another away game on Wednesday against the Kootenay Ice (4-6) at 7 p.m.

Both games can be heard on CKRM radio. The next Pats home game is Oct. 30 against the Saskatoon Blades. METRO

Hilltops take PFC title over Thunder



The Saskatoon Hilltops hoist the PFC title trophy for the third straight year on Sunday afternoon after defeating the Regina Thunder 37-0 at Griffiths Stadium. MORGAN MODJESKI/METRO IN SASKATOON

For the third straight year, the Saskatoon Hilltops have won the Prairie Football Conference title.

The Hilltops won their 15th PFC title overall after defeating the Regina Thunder 37-0 at Griffiths Stadium on Sunday afternoon.

"These are the toughest games of the year, when you get into a championship or the PFC finals, and we came out and played our best game," said Hilltops head coach Tom Sargeant. "There's no question about it, the intensity, the passion and the energy was just exactly where you'd want it as a coach."

Regina Thunder head coach Erwin Klempner said it was not the game he predicted.

"There's not doubt that it was very disappointing. That was not the outcome we expected; we expected it to be a lot closer game," said Klempner.

"Their defence played outstanding and we didn't have an answer for it," he said.

The Hilltops next face the Ontario Football Conference champion London Beefeaters on Sunday in Saskatoon for the Jostens Cup. The winner advances to the 2012 Canadian Bowl in B.C. MORGAN MODJESKI/METRO IN SASKATOON

PFC championship

Hilltops	Thunder
37	0

Horoscopes

♈ Aries
March 21 - April 20
The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

♉ Taurus
April 21 - May 21
The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

♊ Gemini
May 22 - June 21
Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

♋ Cancer
June 22 - July 23
You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

♌ Leo
July 24 - Aug. 23
No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

♍ Virgo
Aug. 24 - Sept. 23
You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

♏ Scorpio
Oct. 24 - Nov. 22
One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

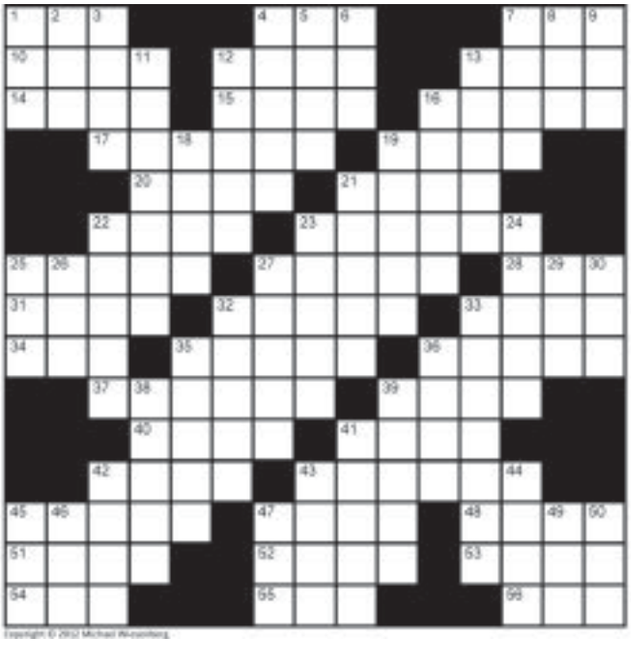
♑ Capricorn
Dec. 22 - Jan. 20
What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

♒ Aquarius
Jan. 21 - Feb. 19
If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

♓ Pisces
Feb. 20 - March 20
You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. SALLY BROMPTON

From a Bank to a Failure

BY MICHAEL WIESENBERG



Across
1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian ___: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. ___ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice ___: in opposite order from that stated
37. Divvied up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse
51. Quaker ___ cereal
52. "___ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down
1. Steal
2. Woman's undergarment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One ___ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive manoeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts
29. Belly muscles, for short
30. Can. neighbour
32. Liberal ___
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri ___, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" preceder
46. What a dentist wants you to say
47. *I Am* ___: 2001 Sean Penn movie
49. Small battery
50. Failure

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2	4	3			
	2			5			6	
	1	3				4	7	
		7				3		
4		1		2		8		7
		9				1		
	4	8				6	9	
	3			9			1	
			5	8	6			

Friday's Sudoku

Sharability

easy — hard

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